

MARCH 2009

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Canada and Bermuda

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Than a 5th Grader?**

**The Audacity of Hope
Rebuilding Lives
on the Rock**

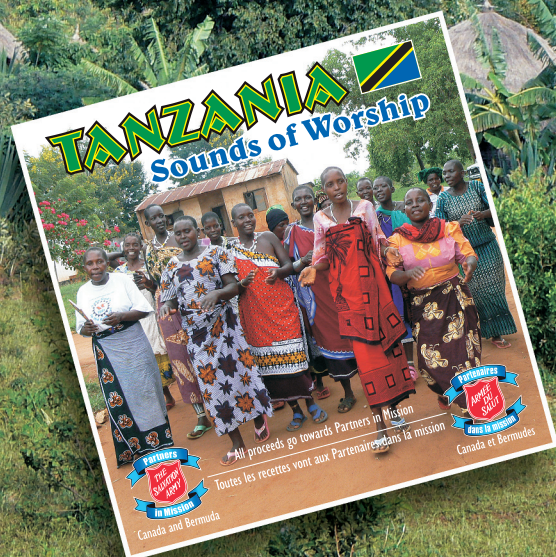
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Giving
Hope
Today

Salvationist is a monthly publication of The Salvation Army Canada and Bermuda Territory. Shaw Clifton, General; Commissioner William W. Francis, territorial commander; Major Jim Champ, editor-in-chief; Geoff Moulton, assistant editor-in-chief (416-422-6226); John McAlister, senior editor (416-467-3185);

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Mission: The Salvation Army exists to share the love of Jesus Christ, meet human needs and be a transforming influence in the communities of our world. *Salvationist* informs readers about the mission and ministry of The Salvation Army in Canada and Bermuda.

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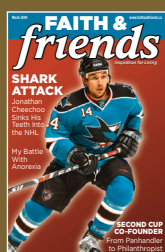
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In a society where belittlement of women was common,
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6

Faith & Friends



Are you
sharing your
faith? When
you finish
reading *Faith
& Friends* in
the centre of
this issue,
pull it out
and give it
to someone

who needs to hear about
Christ's life-changing power.
You'll both be glad you did.

No Quick Fix

Despite what the tabloid magazines at the checkout counter suggest, there is no quick fix for getting fit. Sure, we wish that someone would invent a pill so we could shed excess pounds without having to count calories or join an exercise club. While they're at it, perhaps they could create "magic" medicine that keeps our minds alert and spirits sweet. After all, as Christians we understand that being fit means being well in body, mind and spirit.

Unfortunately, there is no shortcut to getting healthy. This month's *Salvationist* focuses on health and wholeness. There is much food for thought in the articles that follow. Will reading make you fit? Probably not, but if you chew slowly, you may just find some nourishment for your body and spirit.

"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well" (3 John 1:2).

Major Jim Champ, Editor-In-Chief

Canadian Salvationists Respond to Hurricane Victims

Four Salvationists from British Columbia were among many who took part in the clean-up and relief efforts in the wake of hurricane Ike, which hit the Texas coast on September 13. Dina Kennedy and Rock Lamont from Williams Lake, Sean Jungy from Smithers and Captain Jim VanderHeyden, corps officer in Quesnel, contributed in different places to the humanitarian mission.

Within two weeks after the storm, local volunteers were exhausted and new teams were sought. Kennedy, Lamont and Jungy responded and spent nearly two weeks in Pasadena, Texas, delivering food in mobile canteens. The group prepared and distributed two meals daily to 300 victims of the disaster.

Captain VanderHeyden travelled to a command post in Galveston where he was among 690 volunteers living in tents, helping to serve 10,000 meals each day to hurricane victims.

By the time the group returned home, the Army had provided 3.9 million meals to those displaced by hurricane Ike. Kennedy says that in addition to providing humanitarian relief, the Army teams ministered in other ways, by listening to the stories shared by victims and sometimes praying with them.

Kennedy concludes, "It's amazing how The Salvation Army pulls this together and it just flows. It is wonderful to be part of a world-wide Christian effort. You feel so blessed and honoured to help."



Victims of hurricane Ike gather at the canteen to receive meals

Canadians Dina Kennedy, Rock Lamont and Sean Jungy were among hundreds of Salvationists who served in the relief effort following September's storm



Territorial Commander Receives Rotary Membership

In December, Commissioner William W. Francis, territorial commander, was installed as a member of the Rotary Club of Toronto (Royal York Hotel).

This is the fourth Rotary Club of which the commissioner has been a member during his 35 years of active ministry as a Salvation Army officer. He was present on this occasion as guest speaker for the club's annual general meeting, during which Commissioner Marilyn D. Francis, territorial president of women's ministries, provided ministry in music.

Of special interest is that Commissioner William Francis was



Commissioners William and Marilyn Francis with Rotary Club President William N. Morari

nominated and presented by Harold R. Hetherington, son-in-law of Mrs. General Jean Brown (Rtd), whose husband, the late General Arnold Brown, was a lifetime member of Rotary and a Paul Harris Fellow.

International Flavour at Montreal Women's Rally

Women from Quebec and eastern Ontario gathered in November at Montreal Citadel for a day of celebration. Kerry Brown of Scarborough Citadel, Toronto, was the guest speaker. Participants were joined for the day by a women's mission team from Mexico who were visiting the territory.



From left, Lt-Col Margaret Hiscock, territorial co-ordinator of women's ministries, THQ; Lt-Col Ruth Cerezo, TSWM, Mexico Tty; Kerry Brown; Mjr Kathryn Trim, DDWM, Quebec Div

Musical Inspiration at Roy Thomson Hall

More than 300 musicians ushered in the Christmas season at Toronto's Roy Thomson Hall at the annual Christmas With The Salvation Army concert in December. Colin Fox, guest dramatist, gave a memorable presentation of O. Henry's *The Gift of the Magi*. Vocal guest, Major Margaret Davis, from the U.S.A. Eastern Territory's Pennsylvania and Delaware Division, offered a wide variety of items, including *The Virgin Mary Had a Baby Boy*, *Jesu Bambino/O Holy Night* and *It's the Most Wonderful Time of the Year*.

"It's always hard work bringing so many divergent groups together for a performance like this," says the concert's artistic director, Major Len Ballantine, corps officer, Yorkminster Citadel, Toronto. The Festival Chorus was composed of

singers from Toronto, Peterborough, Windsor, Mississauga, London, Guelph, Burlington and Brampton, Ont. Major Ballantine visited each group once during the fall months. Then, after one rehearsal on the afternoon of the concert, the group performed *Sweet Was the Song*, *Feliz Navidad* and a beautiful setting of *The Prayer*. "It works," says Major Ballantine, "because for all of us, it's not just the singing, it's communicating our beliefs."

The same can be said for the items



presented by the Canadian Staff Band, including *Farandole*, *The Bells of Christmas* and *Christmas Finale*.

Confirmation that the concert continues to be meaningful came with nearly all of Roy Thomson Hall's 2,630 seats being filled on a cold December evening and the willingness of the volunteer musicians to participate in the event. As Staff Bandmaster John Lam remarked, "We're given the text—the notes and the melody—but the feeling of the music comes right from the heart of every musician. Music is our ministry. We play our faith and beliefs. The audience must feel it, too."



Left: Mjr Len Ballantine leads the Festival Chorus; above: Cpt Margaret Davis, guest vocal soloist

Did you know ...

... spring is already well underway in Victoria, B.C., where the daily high temperature in March can reach a balmy 10C? Alert, Nunavut, the northernmost inhabited place in the world, will have to wait until June before its average daily high temperature climbs above the freezing mark ... the London, Ont., Centre of Hope has opened a family health clinic for the local homeless population as well as past residents of the hostel? The clinic includes two doctors, three nurses and the services of a psychiatrist ... Canada is home to between 500,000

and 1,000,000 moose? This enormous animal can weigh as much as 600 kilograms, sports antlers that often measure 120-150 centimetres between its tips and can eat 25-30 kilograms of twigs, leaves and shrubs every day in the summer

... the women of Bells Corners CC, Nepean, Ont., sent care packages to Canadian troops serving in Afghanistan and Samaritan's Purse boxes to impoverished children in Third World countries last Christmas? The group also prepared more than 600 sunshine bags for nursing home distribution ... reflecting on his observations of

The Salvation Army over time, General Frederick Coutts commented, "... in youth we saw nothing but the virtues of our Movement, in age we tend to fix our eyes on its imperfections"? He continued, "It does not mean that we should turn a blind eye to them ... but attempt to steer a true course between a cynical indifference and zeal which ignorantly wrecks rather than reforms" ... Why Aren't You Weeping?, a Salvation Army social justice conference, will take place November 13-15? For more information, visit Salvationist.ca/weeping2009

The Doctor Is In

Dr. Kenneth Gamble encourages his patients to take control of their well-being

Interview by John McAlister, Senior Editor



Dr. Kenneth Gamble is the executive director of the Missionary Health Institute and a general health practitioner. Prior to his work with MHI, he served as a missionary doctor in South Africa and Zimbabwe. Dr. Gamble spoke with *Salvationist* about health and wholeness.

If you had only three messages to offer your patients about their health, what would they be and why?

First of all, they shouldn't look to their physician to take charge of their health. I believe that patients are their own best health managers. In my clinic, we've redesigned our rooms and offices so that patients can see our computer screens and observe what we're entering into their data files. I constantly tell my patients that I'm not their boss but their consultant or advisor. If something I say doesn't make sense, I want them to ask me to clarify it.

Secondly, their intuition is usually well-informed. Generally, patients know how their bodies work and understand their bodies better than anybody. A patient once said to me, "You only have a one-dimensional view of me, but I have a three-dimensional view of myself." She hit the nail right on the head. She not only feels what I can feel from the outside, but she feels it from the inside, too.

Thirdly, patients should be careful of where they find their health information. There is a plethora of advice on the Internet, and it's easy to be swayed by inaccurate sources.

How can better communication be fostered between patients and health professionals?

When I was working in Africa, I thought for the longest time that we knew what the people needed. The community health experts, who were evolving in their

understanding, said, "Ask them what they need."

Part of the problem in the beginning was that we didn't know how to ask them what they needed, and the people didn't know how to express their needs to us because they weren't used to being asked. But the longer we got to know the people, and the more our languages grew to match our ability to ask and their ability to answer, the greater we could effectively respond to their felt needs. Initially, we

Patients should be careful of where they find their health information. There is a plethora of advice on the Internet, and it's easy to be swayed by inaccurate sources

failed because we weren't connecting at the level of basic questioning. We're probably no different here in North America. We just have different environments through which those needs are expressed.

What are the most common ailments that you see in your patients? To what extent are these preventable?

In winter months, we frequently deal with infectious diseases and respiratory infections. More recently, diarrheal diseases have become extremely common and make

up the bulk of what comes in on an urgent basis. Both respiratory and gastro-intestinal infections can be avoided if people follow preventive measures such as washing their hands regularly, utilizing proper coughing techniques and receiving flu shots.

Diabetes, heart disease, high blood pressure and osteoporosis are also on the rise, largely due to our sedentary lifestyles in North America. If there is a preventive measure that is undersold it is exercise. Recent studies show that in terms of all-cause mortalities, people who exercise on a regular basis experience more quality years of life and also live longer. Obesity has become an epidemic, and much of that is linked to our inactivity and quality of diet. A European study has shown that we can reduce the risk of diabetes by 70 percent with attention to both exercise and diet. Diabetes, unrecognized and poorly managed, can erode 13 quality years of life from individuals. It is one of the most significant diseases that can either be prevented or delayed.

In what way does our emotional and spiritual health affect our physical health?

This is an area that, from a scientific standpoint, has only recently been addressed. A colleague of mine who works at the University of Saskatoon conducted a study that formally explored the impact of faith on well-being. Despite a culture of skepticism where many health professionals are agnostic or atheistic in their orientation, many have accepted that her study clearly demonstrates that spirituality improves the quality of life.

What advice do you have for people to help them find balance in their body, mind and soul?

I tend not to be prescriptive in my approach with patients. My desire is to hear them first and try to understand where they are



coming from. But as I listen to their stories, the discussion usually comes back to the basic principles of health. I was asked recently to give a lecture on health and wellness to some retiring missionaries, so I took the opportunity to search some medical literature to see what new things I could bring to the table. Throughout my research, I repeatedly saw the same foundational basics: diet, exercise and rest. By rest, I mean the various dimensions in which we find rest, such as sleep, but also spirituality.

As a medical practitioner, do you believe in miracles? Are there still instances where God heals today?

I have a theologian friend who said to me recently, "Man hides himself to be concealed. God hides himself to be revealed." If I understand him correctly, I think he means that God's presence is often felt in our world in a hidden way. If I reflect on that in my practice, I realize that much of what we as humankind take credit for is only possible because of the hidden face of God. I think there is a dimension of his presence that is always with us, but which is hidden from us. We don't see it and we don't feel it in a way that we attribute to him, but that doesn't erase the fact that it's there. We don't recognize that we live in a miraculous world.

If we take a different definition of miracle in which God changes the order of the universe to express himself in a way not explained by natural means, then yes, I do believe in those miracles as well. I have seen them. When I think back to the patients I worked with in Africa, there were cases where I knew beyond any doubt that no more could be done, and yet there was a miraculous response that I can only attribute to divine intervention. I have seen it in the lives of my patients here in Canada, where they have no hope outside of a spiritual hope, and yet God has seen fit to bring healing.

I think there is also a dimension of the miraculous not only in physical healing, but also in the transformation of an individual. So, while they may not be cured and may die, there has definitely been a transformation of person. I would see that as being the greatest of all miracles, but perhaps also as the one that we can measure the least.

What do you think of two-tiered health care?

I think there are dimensions to a two-tiered health-care system that give us an infusion of energy that sometimes is lacking when we deny people the access to more choices. Having said that, I embrace with great enthusiasm the more socialized

approach where health care is made available to all without compromise. I love the freedom and privilege of seeing patients without having to wonder whether or not they can afford it.

What do you feel will be the biggest health concerns in the next 20 years? What factors are contributing to this?

There's no question that the trend line is toward greater challenges with obesity-related illnesses. It isn't just diabetes; diabetes is the trunk of the tree that leads to high blood pressure, heart disease, kidney disease, strokes. As mentioned earlier, as a society we have become increasingly sedentary and this is going to have consequences. Our self-focus has become the driving force of our society, and we're now reaping the fruit of that.

What role does faith play in your professional life?

I read a sermon by Jonathan Edwards recently where he talks about the goals that we have in our life. He says that the supreme goal is that we live to bring glory to God. He says that life brings us into situations where there are many subordinate goals. And these are healthy as long as our subordinate goals don't become our chief goal. So, if I had the opportunity to express my ideal, I think my faith keeps

me from seeing medicine as my ultimate goal, but rather a subordinate goal to that which is greater.

How will the predicted doctor shortages affect the most vulnerable in our society? What solutions do you feel should be explored?

The more our communities disintegrate, the more that marginalization will be felt. As soon as you have the disenfranchised divorced from society, with no sense that they are part of something bigger than themselves, then the services are going to fall away as well. There won't be the capacity within the system to meet their needs. It will be like it was for us in Africa: How do they express what they need? What language do they use to express that need? What motivates them to seek help? Do they feel welcome in the presence of the help that is available? How do they interpret the help that they receive? I think it's a very complex issue.

As you prepare missionaries for overseas service, what health advice do you offer them?

When I started working at the Missionary Health Institute, most mission organizations were very paternalistic. They had some kind of belief that they controlled health by enforcing these big medical examinations and providing forms to fill out. After a number of years, I realized

that these forms merely helped determine whether potential missionaries were fit to go or not. They had absolutely no impact on the expression of care and didn't connect at all with the missionaries' well-being. If there's a change that I've tried to bring about in the mindset of mission directors, it's that they're not the guardians but the facilitators of care. It's the missionaries, the ones to whom it matters most, who are most able to embrace the responsibility to care for their own well-being. That's what I

I realize that much of what we as mankind take credit for is only possible because of the hidden face of God

seek to promote, with all of the same core philosophical underpinnings that I already mentioned for my patients here.

What are the significant health concerns and illnesses worldwide? Should we be concerned about the spread of serious illness?


We have to be concerned, but we don't have to panic or worry. We need to find a balance between being swept along with the current of anxiety and being informed about the issues. Some of the great changes in health over the years have not come from physicians, but from agricultural workers and sanitation engineers.

There are basic principles that these international diseases bring to the foreground, and I think we, as Christians, have a responsibility to incorporate that into our ministry opportunities. Am I believer in preventive medicine? Yes. Do I think that diarrheal diseases are the biggest silent killer overseas? There's no doubt about it. But once again, it's a community response that's needed. There are so many levels to every issue, and physicians are often the least equipped to respond to them. Sanitation engineers and the people bringing clean water supplies can do more for the health of a nation.

HIV is clearly a global concern. Will it affect us? Yes. But we are self-centred. What happens overseas doesn't bother us unless it affects us directly. Even with a disease like polio, we can get complacent, but it just takes one airplane to bring polio back into our communities. If it comes back after an incubation period and we let our guard down, it's going to affect us again.

What role can Canadian Christians play in promoting the advancement of health care in the developing world?

As Christians, we have to move away from the mindset of living and doing things only for ourselves. We have to understand that God has called us into community. God has not given us wealth to put in big barns to store up our treasures here on earth. We have a global responsibility.

Christ was asked, "Who is my neighbour?" The Good Samaritan is an interesting story, and one that still resonates. In a global world, that neighbour might be thousands of kilometres away. How do we express that care? We might not be able to support them in person, but we can assist. We have missionaries overseas who lack support now because of our current economic crisis, but we still haven't suffered here to the point that we are going without food or struggling to clothe our bodies. And yet we're worried and caught in this vortex of anxiety that our world is collapsing. We can be better informed and broaden our knowledge about world issues. 

Intentional Care For Those With a Mission

Since 1936, the Missionary Health Institute (also known as International Health Management) has built an international reputation by providing quality health-care services to missionaries called to serve around the world. MHI is the only interdisciplinary outpatient expatriate health-care facility of its kind in North America and serves missionaries from over 150 countries.

Under the leadership of Dr. Kenneth Gamble, executive director, and Dr. Duncan Westwood, clinical director of expatriate care and development, the institute has become an important partner to a worldwide network of organizations.

The Salvation Army in Canada and Bermuda utilizes the services of MHI for all its reinforcement personnel serving in overseas appointments. "We rely heavily on the expert support offered by MHI," says Major Sharon Giles, director of overseas personnel, THQ. "Whether it's conducting medical and psychological assessments, arranging for applicable vaccines or providing medical advice, MHI provides the necessary care and attention needed by those officer and lay personnel currently serving, or those who are about to serve, in other countries."

In addition to reinforcement personnel, MHI assists with the assessment of candidates wishing to enter training to become Salvation Army officers. "We have a thorough application process for all of our officer candidates," says Major Beverly Ivany, candidates secretary, THQ. "Dr. Westwood assists the Army in identifying those candidates best prepared to participate in the demanding program offered through our College for Officer Training."

Rebuilding Lives on the Rock

Wiseman Centre in St. John's, N.L., provides guidance to men in crisis

by Captain Kim Walter, Editor, Edge for Kids

In this quiet coastal city, homelessness and substance abuse may not be the first issues that come to mind. But the need was there, and with compassion for the disadvantaged in St. John's, N.L., the Salvation Army's Wiseman Centre opened its doors in 1986. In its early days, the centre provided basic food and shelter. Then in 2002, the Wiseman Centre broadened its mandate to provide further services to its clients. "It has become a home, a haven and a place of hope for men who have found themselves homeless, in turmoil and without hope," says Major Marlene George, manager at the Wiseman Centre.

The facility is named for General Clarence Wiseman, 10th international leader of The Salvation Army, who described himself as an "incurable Salvationist." Not only was The Salvation Army an important part of his heritage, Clarence Wiseman was also a proud Newfoundlander. It is fitting that the centre, dedicated to guiding men in St. John's through life's crises, be named in his memory.

The goal of the Wiseman Centre is to empower each man in its programs to reach his full potential so that he can live productively in the community.

One of those men is Robbie (not his real name), who found himself homeless after his 20-year marriage ended. He wandered from job to job and boarding room to boarding room, getting in with the wrong crowd and becoming an alcoholic. "If it weren't

for the Wiseman Centre, I'm not sure where I'd be today. They set me in the right direction," he comments. Robbie now lives independently and continues to receive support from the outreach program at the centre.

Clients like Robbie develop life skills during their stay at the Wiseman Centre. Counsellors help the men learn how to manage their money, stress and anger. They teach them to cook for themselves and take care of their homes. The men are encouraged to develop an


"It's the care and support from all of the staff that helps the men get back on track and find direction"

active lifestyle through regular physical exercise. Alcoholics Anonymous and employment services are also available to the residents. The spiritual aspect of recovery is emphasized through the availability of a Bible study program as well as individual spiritual direction, as desired.

The Wiseman Centre is a place of hope for its clients as well as one of inspiration for its staff. Kevin Perry is pleased to be a member of the

Wiseman Centre team. "This is a special place," he says. "As a very young person, I often questioned why so many people walked the streets, without a home and without purpose. I wondered what could be done to help them. Now as a residential worker, I am directly involved in helping men with mental illness, addictions and other challenges. The centre gives hope to people who are discouraged. We have the opportunity to show that Christ came to give them a new start. It's the care

and support from all of the staff that helps the men get back on track and find direction. I am humbled and most fortunate to be part of this work."

Major George echoes Kevin's enthusiasm. "While we will continue to find new ways of improving service delivery and program development, I believe General Clarence Wiseman would be pleased to see the work that is being accomplished at the Wiseman Centre and the lives that are impacted for good." 

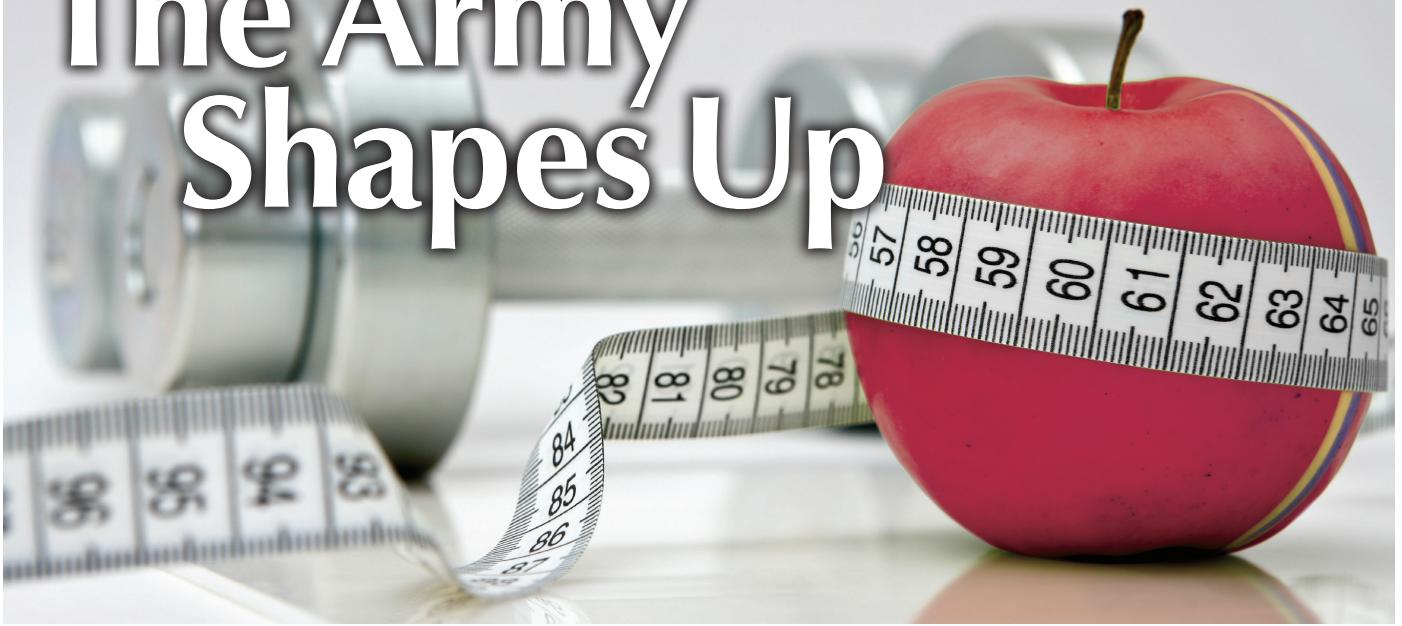


Life skills, such as food preparation, help men live independently



Recreational activities are an important part of the Wiseman Centre program

The Army Shapes Up



Salvationists across the territory experience the freedom that comes through better health and fitness

by John McAlister, Senior Editor

We're facing an obesity epidemic in North America, and The Salvation Army is not immune to this challenge. Statistics show that the percentage of Canadians who are overweight or obese is growing rapidly. This has seen a corresponding increase in the number of obesity-related illnesses, such as diabetes and heart disease. The good news is that for the most part, significant weight gain is preventable. Forget flashy weight-loss programs, diet pills, specialty frozen foods and elective surgeries. For most of us, a healthy lifestyle consists of three essentials: a balanced diet, regular exercise and adequate rest.

As a mission-focused church, the Army is recognizing the importance of taking better care of itself. When health improves, ministries benefit. Increasingly, Salvationists across the territory are getting active and glorifying God with

their bodies (see 1 Corinthians 6:19-20).

Office Dynamics

At British Columbia Divisional Headquarters, officers and employees can participate in 15 minutes of exercise each morning. For the past two years, at around 10 a.m., DHQ staff have voluntarily met together for aerobics. "It's offered us a boost and a break," says Major Winn Blackman, divisional director of women's ministries. Recognizing the importance that health plays in work performance, the investment of even 15 minutes can produce great dividends.

At territorial headquarters, the Health and Wellness Committee brings the well-being of officers and employees to the fore. "We are promoting and encouraging a healthy lifestyle," says Pandora Lewis, a member of the committee. Whether it's advocating for the health needs of THQ staff or hosting educational seminars or events, the Health and

Wellness Committee is an active voice in the building.

"We've hosted healthy workplace weeks, offered flu-shot clinics, checked blood pressure, encouraged walking and running clubs, and

health-care costs, lower turnover rates, reduced absenteeism, fewer medical claims, higher productivity and improved employee morale. All good reasons for Salvation Army centres to promote better health among their staff.

As a mission-focused church, the Army is recognizing the importance of taking better care of itself

Lose the Pounds

The personnel at Maritime Divisional Headquarters have found a way to make their health initiatives improve the lives of others internationally. Through their 12-week Melt for Missions Club, staff are losing pounds to raise money for the Partners in Mission Appeal. When members join, they are given a sheet to record their starting weight and the pounds they lose each week (this is all done privately and on a personal honour system). The weigh-ins take place every Wednesday and members pay \$1 each week. In addition, members are encouraged to ask friends or colleagues to sponsor them for the 12 weeks, perhaps by contributing \$1 per

pound lost. On the last day of the club, members will submit their total weight loss and the total weight loss amount for the club will be announced, along with the amount raised for Partners in Mission (visit Salvationist.ca at the end of this month for details).

At the other end of the territory, Victoria Citadel operates its Weigh Down Club every Tuesday at noon. While corps members attend, people from the community are also actively



THQ staff participate in lunch-time exercise to promote better health and fitness

involved. "It's an opportunity for fellowship and encouragement," says Major Jacqueline Patrick. "They come to get weighed, but also to receive information about weight-loss and other health issues."

Walk Aerobics

It's not just about watching the pounds, though. At St. Catharines Corps, Ont., Salvationists and members of the community are invited to participate in walk aerobics three mornings a week. "Every Monday, Wednesday and Friday, we meet at the church for 45 minutes of exercise," says

Captain Dena Hepditch, corps officer. "We start with devotions and then walk about three kilometres. We use exercise videos and project them onto a large screen in our gym."

The participants are mostly middle-aged or retired women who see the walking program as an easy way to keep fit and find fellowship. "The program isn't hard to do," says Captain Hepditch, "but it can be hard to keep motivated on your own at home. The church program offers a support system to help people keep active."

Walking clubs have become popular at other corps in the territory as well. At Ocean Crest in Campbell River, B.C., women meet twice a week to walk together. Last fall, Edmonton Temple commenced a group that meets regularly for six-kilometre walks. And in Newfoundland and Labrador, a number of corps boast walking clubs, such as Hare Bay, Birch Bay/Horwood, Englee, Channel/Port-Aux-Basques, Grand Falls Citadel, Eastside Citadel and Glovertown.

Our social service centres also recognize the importance of promoting fitness. At Florence Booth House in Toronto, a shelter for women, the residents are invited to participate in weekly exercises or group walks. "We try to go for walks at least twice a week," says Major Donna Barthau, chaplain. "We even bought pedometers last year to record the total distances of our walks. Sometimes we set goals to corporately walk the equivalent distance to Kingston, Ottawa or Montreal, and we've gone on walking field trips to different areas of the city, such as the harbourfront."

Eat Right to Live Right

In addition to exercise, good nutrition plays a key role in maintaining a healthy lifestyle. In New Waterford, N.S., the corps offers its Walk Away the Pounds program on Monday, Wednesday and Friday mor-

Eat Right!

- Choose foods from three to four food groups from the Canada Food Guide (see hc-sc.gc.ca) at every meal and foods from two food groups for snacks
- Enjoy a variety of vegetables and/or fruit with each meal
- Choose lower fat, whole-grain products at least half the time. Try something new: quinoa, barley, wild or brown rice, whole-grain bagels or whole-wheat pasta
- Make lean protein choices: fish, beans, lentils, chickpeas, eggs, tofu, lean meats trimmed of fat or poultry without the skin
- Try to eat an amount that is right for you
- Cooking counts, too! Steam, bake, broil, roast or barbecue your food rather than frying it. Keep added fat to a minimum
- Drink water often. Skim or one percent milk, fortified soy beverages and 100 percent juice are other healthy choices

Get Fit!

- Be active every day to feel your best, enjoy better health and maintain a healthy weight. Start slowly with something you enjoy and build up your strength and endurance
- The recommended daily amount of moderate physical activity for adults is 30-60 minutes. For children 6-9 years of age and youth 10-14 years of age, at least 90 minutes is recommended. If you can't do it all at once, break it into smaller sessions (10 minutes at a time for adults and five minutes at a time for children) to reach that daily total
- Keep things interesting and enjoy better health by mixing up your physical activities throughout the week. It's always a good idea to talk to your doctor before starting any exercise plan involving more vigorous activity than walking, especially if you have any medical conditions


nings. To complement the walking program, they have offered many workshops to address other areas of personal health. "We've looked at weight-loss facts, healthy-eating tips and different aspects of food and nutrition," says Captain Eliza Keats, corps officer. "We've also had nurses recommend some patients with diabetes to our program."

In Williams Lake, B.C., the Army conducts both a fitness class and a healthy lifestyles cooking class at its drop-in centre. "We offer a low-impact exercise program twice a week," says Captain Claudine Kadonaga, corps officer. "Many people lack the confidence or experience to exercise properly, so we offer this as a service to the community."

They're also intentional about offering fresh fruits

and vegetables through their community and family services ministry. "We offer cooking classes to help our clients cook nutritious meals. We encourage them to make healthy dietary choices with the resources they have."

In Brampton, Ont., the community and family services office provides an educational program called Eat Well, Feel Well to help clients prepare nutritious meals. "We want to ensure that our clients know what types of foods they should be eating and understand how to prepare them cheaply and easily," says Gordon Randell, director.

As an organization, The Salvation Army is doing its part to encourage its staff, members and clients to achieve a greater degree of health and fitness. 

Finding Balance in the Everyday



If you're burned out on life and religion,
it's time to get back to the basics

by Major David Ivany, Territorial Youth Secretary

Are you surviving instead of thriving? Do you feel as though you're being pulled through your life? Do you lack enthusiasm for work, family or activities? Is your life less than what you hoped it would be? Have you lost control?

Our timeless God speaks powerfully to your situation: "Are you tired? Worn out?

Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly" (Matthew 11:28-30 *The Message*).

Rhythms of Grace

Jesus speaks of unforced rhythms of grace where we can live freely and lightly. These are utopian words that beckon us to experience a quality of life that is natural, healthy, purposeful and fruitful. He encourages us to find balance in our everyday lives. But how do we experience this?

Jesus challenges us to seek first God's Kingdom and his priorities. "Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met" (Matthew 6:33 *The Message*).

In Luke 10:27, he offers specific direction for us to follow: "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind," and "love your neighbour as yourself."

Jesus is talking about a way of life that transcends and yet integrates all of our ideas, theologies and personalities. He brings clarity to our diversity and our extremes, the stuff of our everyday lives.

No Restrictions

We are not restricted by time as to when we can love and serve him. This can be as real on Monday at work as it is on the hiking trail on Saturday, the supermarket on Thursday or the worship service on Sunday. If we truly aspire to pray without ceasing (see 1 Thessalonians 5:17), we need to spend time outside of our church buildings, praying and communing with God.

As to how we express our love to God, Jesus says we can love him with our minds, bodies, hearts and souls—the totality of our being. There's no set way that we need to follow. We should follow our heart and the leading of the Holy Spirit.

For many, church and worship have been equated with sitting and listening. We have been conditioned to engage the mind in a belief system. For others, it has meant a stirring of emotions and affections. But how many people have remained disconnected from church life and abundant living because of a lack of opportunity to engage their unique gifts and personhood?

Finding Meaning

We are God's unique artistry, created for good works, which he planned for us in advance (see Ephesians 2:10). If we believe that God created us for a purpose, with our own distinct talents, surely we must also believe that he wants to use us.

Eric Liddell, the Scottish Olympian and missionary, ran for the glory of God. He said, "When I run I feel his glory." Brother Lawrence is well known for practising the presence of Christ while washing pots in the monastery kitchen. Irenaeus, one of the early Church fathers, declared that the glory of God is humankind "totally alive." What a marvellous prospect to be fully alive, realizing the full potential for which God created us.

Frederick Buechner writes, "The place where God calls you is the place where your deep passion and the world's deep need meet." We are called to love our neighbour and to love ourselves. We need to balance self-care with service to others. We need community, but we also need solitude. Too much community can weaken the individual sense of identity

and purpose, while too much solitude can weaken one's perspective on life and engagement in service.

Dual Citizenship

Like the Apostle Paul, Christians are dual citizens of Earth and Heaven. Paul wanted to be present with God for eternity, but he also wanted to fulfil his calling on Earth. We are similarly conflicted. We should live as if this might be our last day, but we also need to plan and prepare for the future.

We need to use our time wisely, but we shouldn't over-manage our schedule. We need time to experience life and creation, without every activity being something to check off a list. Frederick Buechner writes, "Listen to your life. See it for the fathomless mystery that it is. In the boredom and pain

of it not less than in the excitement and gladness: touch, taste, smell your way to the holy and hidden heart of it because in the last analysis all moments are key moments, and life itself is grace."

Whatever we do, may it be done for the glory of God. A balanced mind-set focuses on Jesus whose teaching and life give us meaning and purpose as we establish his Kingdom in this life and the next.

God, give us wisdom to discipline ourselves to allow your grace and transforming power to take root in our lives. Teach us how to love you with heart, mind, body and soul, through your living spirit. Teach us how to love our neighbours as ourselves. Thy Kingdom come, thy will be done on earth as it is in Heaven. ☞

Small Groups for Big Problems

The Careforce Lifekeys ministry helps people make the journey toward healing and wholeness

by Major Jean Hefford, Adult Ministries Secretary, THQ Corps Ministries

If you walk down any street and knock on 10 doors, you'll hear stories of marital discord, divorce, family breakdown, addiction, sexual abuse, eating disorders and so much more. We live in a broken world where life is messy. People are desperate to find ways to cope in the midst of their own personal pain and brokenness. Many are looking to the Church for a "whole of life" approach to help meet their needs.

With the desire to help people make the journey toward healing and wholeness, The Salvation Army is promoting Careforce Lifekeys. The program exists to see the healing love of Jesus Christ touch people within the Church and within the community.

Careforce Lifekeys was founded in 1992 at the Careforce Church in Melbourne, Australia, under the direction of Allan Meyer, senior pastor, and his wife, Helen, director of Careforce Lifekeys. The program:

- facilitates church growth as we touch the needs of unchurched people in our communities
- provides leadership development as ordinary people in the church develop the skills necessary for pastoral care

- offers opportunities for people to address the significant issues they face on an everyday basis

Careforce Lifekeys is a series of 10-week courses that help participants focus on the spiritual, cognitive, emotional and behavioural aspects of life. Grounded on the teachings of Jesus expressed in the Sermon on the Mount (see Matthew 5), the material is presented in a small-group setting to allow members to find support and accountability as they explore the truths they are hearing. Participation builds better self-esteem, enhances relationships and helps people find hope as they explore their spirituality. All discussions are led by trained group facilitators and are kept in strict confidentiality.

The program is geared for all ages and genders. Some of the courses available include: facilitator training; search for life; man to man; woman to woman; door of hope; healthy lifestyle; making marriage better; search for intimacy; parenting with courage; youth search for life; kids with courage; new beginnings.

The Careforce Lifekeys program provides opportunities for greater healing and wholeness among our congregations and

communities. Since its introduction to the Canada and Bermuda Territory, many Salvation Army officers and soldiers have been trained to facilitate the program. ☞

For more information about the Careforce Lifekeys program, please contact your divisional headquarters or Major Jean Hefford at Jean_Hefford@can.salvationarmy.org.

"Careforce Lifekeys is a wonderful opportunity to help bring the healing power of God into the lives of hurting people. As both participant and facilitator, my listening skills have increased and I have learned that trust is very important as people share and a bond develops."

- Captain Bev Brushett, corps officer, Green's Harbour, Newfoundland and Labrador East Division

"I have often desired to have a discipleship tool to help Christians who were dealing with difficult situations and were feeling stuck. I believe Careforce Lifekeys does just that."

- Major Sandra Langer, divisional services to seniors secretary, Prairie and Northern Territories Division



The Founder's Fitness Regimen

In promoting health and fitness, William Booth was ahead of his time

by Commissioner William W. Francis, Territorial Commander

In *Orders and Regulations for Field Officers* (1891), Chapter 3, Section 1, General William Booth observed: "Health is an important qualification for usefulness.... Cheerful, happy natures, with bright, good-humoured countenances, are very attractive. They draw outsiders; they act like the drum and the cornet ... and health is at the bottom of much cheerfulness of disposition and joyousness of life."

The Founder continued to discuss food and diet, encouraging healthy eating habits that included warnings about over-indulgence. "Moderation is the key," he counselled. Concerning sleep, Booth advocated, "A certain amount of good, sound sleep is indispensable to vigour, both of mind and body."

This section concluded with advice on "ventilation and exercise." Of the former, he wrote, "As a rule, it is perfectly safe for people in good health to sleep with the window open nearly all the year round.... The necessity for ventilation is important." As for exercise, he noted, "A sufficient amount of exercise is necessary for health.... Bodily labour (and exercise) is favourable to digestion and to the circulation of the blood, and is conducive to health in other ways."

More than a century has passed since William Booth penned these words and today they may seem out of date. We live in a far different world than he experienced—a fast-paced culture that daily overflows with fresh challenges and complex circumstances. However, as an esteemed surgeon friend of mine said, "Whether he knew it or not, William Booth gave sound medical advice to his officers."

God's Word instructs us to care for our bodies. In so doing, we honour him. We must be careful to neither worship nor abuse the body that God gave us. We are to take good care of our bodies, for they are God's creation.

Nourish Our Bodies

Eating is a prerequisite for life. Graciously, God made eating enjoyable. The taste of food gives us pleasure. Nevertheless, as

with any gift, the pleasure of eating can become destructive. The unrestrained intake of food has the potential for immeasurable damage. Food can be a nurturing friend or a destructive enemy.

When we honour our bodies by consuming food that nourishes and satisfies us, the results are good and pleasant. This pleases God. When we share nourishment with others, it pleases him even more (see Matthew 25:34-40).

*"Health is at the bottom
of much cheerfulness
of disposition and
joyousness of life"*

—General William Booth

Rest Our Bodies

Life can become the proverbial rat race. We rush from one place to somewhere else, from one project to the next and from one urgent matter to yet another.

Our bodies require rest. We need good, sound sleep regularly. In addition, we need time in our lives to rest while yet awake. Rest is the result of a change of pace, something special and different from the norm. Henry David Thoreau observed, "I think that I cannot preserve my health and spirits unless I spend four hours a day—often more—sauntering through the woods and over the hills and fields, absolutely free from all worldly engagements." To this we respond, "Ah, yes. If only...."

While few of us can spend four hours sauntering through the woods, what about setting aside a half-hour each day to "saunter?" The U.S. Surgeon General's report on physical activity and health maintains that only 22 percent of American adults are physically active for at least 30 minutes five days a week. Raise your hand if you are among that number. (My hand is not raised. I am typing, you understand!)

Honour Our Bodies

The Bible declares that our bodies are "temples of the Holy Spirit" (see 1 Corinthians 6:19). Therefore, we must honour our bodies by keeping ourselves pure in what we see and do.

The world considers purity as naive, simplistic and out-of-date. Yet it is indispensable to lives that reflect the nature of God. As the Apostle Peter explains, "He has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires" (2 Peter 1:4).

God calls us to live lives that are pure and honour him. We pray with David, "Create in me a pure heart, O God" (Psalm 51:10). May we ever offer our bodies as "a living sacrifice" (see Romans 12:1) so that God, in turn, will honour us as individuals and as an Army of salvation. ☞



Would Booth join a health club if he were alive today? "Bodily labour (exercise) is favourable to the circulation of the blood," he noted



Heaven's Rehearsal

At The Gateway shelter, we've learned that sometimes we need to think small to be blessed big

by Dion Oxford, Director, The Gateway

Recently in our community, an ecumenical event called Heaven's Rehearsal was held in one of our local major league sports arenas. The concept was to have a worship service that somehow incorporated people from every possible nationality. It was intended to show that, despite our obvious differences in worship styles, skin colour, politics and lifestyles, we are all brothers and sisters united by the Saviour of the world, Jesus Christ.

More than 20,000 people showed up for the event and it was a spectacular show of unity in the body. I honestly believe the idea for this event came from a very pure place and it was an interesting gathering of people.

However, it cost an enormous amount of money to pay the rental fees, the musicians and performers, and for all of the bells and whistles to make it work. As a result, everyone who attended had to pay \$25 for admission.

A few days later, we had a chapel service at The Salvation Army's Gateway shelter. In attendance were the president of a local insurance company, a medicated

retro-funk Jamaican guitarist, a Korean man who doesn't speak English and therefore whistles along with the songs, two Catholic seminarians, a life-coach executive, an ex-Satan's choice biker gang leader with a portable IV unit, a recovering crack addict/crane operator, a schizophrenic Iranian from the local park, a widowed millionaire who winters in Malibu, a dozen or so homeless men who live at our shelter, a newly converted ex-alcoholic auto mechanic from Ireland, and an Arabic Christian woman from Egypt with marital challenges. This rag-tag bunch of misfits all came to listen to the preaching of our chaplain—a skinny white guy from northern Canada.

This, in my opinion, was a better version of Heaven's Rehearsal. We had people from various cultures and life experiences gathered together in one room to worship Jesus. And it didn't cost \$25 to get in. ☺

This article originally appeared on Salvationist.ca as a blog column. To read more of Dion Oxford's blogs, or our other columnists, visit Salvationist.ca/blog

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When Opposites Attract

Appreciating your spouse's differences can lead to greater growth in your marriage

by Major Bob Armstrong, Corps Officer, The Willows—A Community Church of The Salvation Army, Langley, B.C.

After 26 years of marriage, you'd think I'd know what kind of flowers my wife likes. Last Mother's Day I bought her a big, droopy basket of pink pansies to hang at the front entrance of the house. As I loaded the flowers into the car, I began to second-guess myself: *Is pink her favourite colour? Maybe she hates pansies.* I felt like the contestant on the game show for married couples who, when asked what his wife's favourite flower was, replied, "Robin Hood All-Purpose."

Someone has said there are two times when a man doesn't understand a woman—before marriage and after marriage. The truth is, men and women are different in so many ways. From the flowers we like to the way we handle conflict.

In our marriages, communication is enhanced by knowing and understanding our differences. It's true that

sometimes opposites attract. Couples are often drawn to differences in each other. But for many, the quirks and peculiarities that first attracted them to their partner are now driving them crazy!

One potential source of frustration is the clash between extroverts and introverts. If you find yourself married to your opposite personality type, you might need to make some adjustments to the way you communicate (check out the chart on this page).


If you are the introvert, it's important to let the extrovert know you are processing information so your lack of immediate response isn't misinterpreted as meaning you don't care. If you are the extrovert, let the introvert know that you are not nagging or pressuring but just thinking out loud.

If you are an extrovert who loves to chat, mingle at parties and fill up your social

calendar, remember that your introverted partner may prefer to stay in some days and curl up with a book or watch a movie. Introverts are not shy or anti-social—they're just wired differently. Likewise, introverts may need to make the effort to attend a social function with their partner once in a while.

Remember, the key is not in changing yourself or the other person so you can be the same. The key is to accept who you are and who your partner is, seek to understand the differ-

ences, then learn how to laugh at what you used to take so personally.

In a marriage, when you bump up against your differences, lighten up and remind yourselves that each of you can bring value and blessing to your relationship. Just because you are different doesn't mean you haven't got room to grow. Don't judge or try to change the other person. Embrace them for who they are. God created us all in his image. It's not up to us to try to re-create other people in ours. 

Just because we are different doesn't mean we haven't got room to grow



Splitting the Difference

Which personality type are you? How about your spouse? How can understanding these differences change your attitude or behaviour?

Extrovert

- processes information immediately (speaks without pauses)
- thinks out loud
- feels that he or she must fill the silent spaces in conversation
- is refreshed by interacting with people
- relates to the outer world of people and things
- enjoys talking to lots of people
- needs confirmation from other people about who he or she is
- likes a new challenge and is willing to jump in and try something new
- likes to work with people close by
- is distracted by things in the immediate environment

Introvert

- processes information slowly (speaks with pauses)
- thinks before speaking
- is comfortable with silence
- finds solitude restorative
- relates to the inner world of ideas and thoughts
- prefers talking to a few people one at a time
- confirmation about who he or she is comes from an inner source
- prefers to stand back and check out a new situation before committing
- enjoys working alone, without interruption
- is focused and can more easily shut out distraction

From *The Intimacy Factor* by Dr. David and Jan Stoop (Thomas Nelson Publishers, 1992)

Partners in Peace

Canadian women support Salvation Army ministry in Tanzania

by Captain Kim Walter, Editor, Edge for Kids



Top left: Girls at the Mabagala Girls' Home express their appreciation for Canadian support; top: Canadian team members are welcomed; left: Lt-Col Marilyn St-Onge with young people at the Mabagala Girls' Home

After two long flights in September 2008, Lt-Colonel Marilyn St-Onge and her team arrived in Dar es Salaam, Tanzania. The Partners in Peace mission trip, the result of much planning and fundraising by the territorial women's ministries department, immediately swung into high gear. Over 10 days, the group visited three corps, one outpost, a girls' home and a school for disabled children. The Canadian visitors conducted a seminar at two locations and participated in the coastal district home league rally with nearly 100 Tanzanian women.

"We made a heart-warming visit to the Matumaini School for Disabled Children," recalls Lt-Colonel St-Onge. "The Salvation Army ministers to 200 young people, giving them the opportunity to attend school and receive physical therapy, preparing them for a meaningful future." At the school the children are assisted in their rehabilitation through the work of qualified personnel who prepare custom-made shoes and prostheses.

At another location, the Canadian women shared with young people at the Mgulani Corps. Through a skit they had prepared about HIV/AIDS, the children


demonstrated their awareness of the issues they face growing up in Africa.

Residents of the Mabagala Girls' Home showed their appreciation in song and dance for the support they receive from The Salvation Army. They are grateful for the opportunity to live in a safe environment rather than on the streets. The girls' youthful enthusiasm shone through when they joined the Canadian women in a parachute game and craftmaking.

Team member Brenda Campbell presented a seminar entitled God's Woman in Today's Society. The Tanzanian women, some of whom had travelled many kilometres on foot in order to attend, responded positively to the message.

A highlight of the trip was the coastal district home league rally. Almost 100

women met for two days of Bible study, testimonies, singing and sharing in local music and dress. The Saturday afternoon session on prayer resulted in a number of women stepping out to pray and seek a closer communion with their Lord.

The team members from Canada were deeply moved by their experience in Tanzania. "Many pictures will remain in our minds for years to come," said Lt-Colonel St-Onge. "The hospitality we received as we worshipped in a city like Ilala or in the very rural setting of Lugoba will remain in our hearts as well. What a privilege to see first-hand what Canadian donations have been able to do. We returned home with a new vision of ministry in one of our Partners in Mission countries." 

Hope in the City

Second Cup co-founder recalls life on the street at leadership breakfast

by Peter J. Restivo, PR/Media Connection

It's a classic rags-to-riches story Frank O'Dea never tires of telling and audiences worldwide are unceasingly inspired by. O'Dea's name, probably not as recognizable as the Second Cup, the cutting-edge coffee shop franchise he co-founded, is a Canadian of extraordinary courage, overcoming life obstacles that might well have deterred a person of lesser faith. O'Dea told his story on November 20 to some 400 community and business leaders gathered for The Salvation Army's Hope in the City Leadership Breakfast in Toronto. This fundraising event signalled the official start of the annual Christmas campaign in Ontario Central-East Division.

Born Francis O'Dea in 1945 of a loving Montreal family of high moral and life values, he should have found an easy path to manhood. But that was not to be. O'Dea was sexually abused as a young boy; little wonder, some say, alcohol became an all-too-familiar companion in his teens and threatened to destroy his life and that of his family. That's why O'Dea's father took a "tough love" stance, ordering his son to leave home with no family contact until he straightened himself out.

In his recently published memoir, *When All You Have Is Hope* (Penguin), O'Dea says he always had hope. "Without hope you perish," he told the morning audience. In his years as a self-described panhandler, O'Dea's definition of hope was 99 cents to buy a drink, a place to sleep near his adopted home—a park bench—or The Salvation Army's Harbour Light Centre at Jarvis and Shuter Streets in Toronto where O'Dea spent more than one cold night.

"Passersby can never really get close to street people, the homeless, and they will never know their backgrounds, needs and potential—that takes trusted, caring professionals like The Salvation Army. Some of us make it and some of us don't," O'Dea admits. He recalls a close friend of that difficult time, a medical doctor with problems who lost his licence to practise and eventually took his own life by leaping from a Toronto bridge.

After The Salvation Army, O'Dea found



Cpts John and Brenda Murray, Ontario Central-East public relations, Andrew Lennox, advisory board chair, Frank O'Dea, Lt-Cols Floyd and Tracey Tidd, Ontario Central-East divisional leaders, at Hope in the City leadership breakfast

"Passersby can never really get close to street people, the homeless—that takes trusted, caring professionals like The Salvation Army"

another helping hand. A Toronto paint store retailer gave him a job for five dollars a day stocking shelves and cleaning up ... if he showed up. One of the days he did show for work, the store radio played an announcement for an alcohol treatment program—it was the beginning of the rest of his life.

Earning \$1,000 from selling coin sorters to churches, O'Dea was well on his way to becoming the man Sir Paul McCartney, Kofi Annan, Colin Powell, Governor General Michaëlle Jean and scores of other high-power celebrities recognize as a friend and man of vision and heart.

Hope, vision and action represent O'Dea's business plan for just about every

project he tackles, from getting sober in the 1970s to starting a coffee shop at the Scarborough Town Centre, Toronto, that grew to six, then 100 shops across Canada. Hope, he says, gives you reason to carry on to the next day. Vision enables you to see possibilities others don't. Action is the natural force and direction that follows from vision.


The sale of the Second Cup business to Cara Operations Limited, an international food services company, left O'Dea with great wealth and an inspirational story of overcoming personal obstacles, opening doors to the highest political and corporate movers and shakers. O'Dea is quick to state he is an example of what can be achieved, even by a lone, down-and-out individual begging for wine money on city streets, when there is hope of a tomorrow, a vision of a better life and resources to take action.

It's this philosophy that guided Francis O'Dea to a post-Second Cup, lifelong devotion to social activism as co-founder of Street Kids International, founding director of Canadian Foundation for AIDS Research, founding chair of War Child (Canada), co-founder of the Canadian Landmine Foundation, and more. In 2003, he was recognized for his humanitarian and charitable work, being made an officer

of the Order of Canada.

"It's amazing sometimes to be told there's no money to help solve some of our great social challenges, then read in the papers the next day there are millions to fund a government industry subsidy or money for corporate perks," O'Dea suggests. "Every corporate CEO can make a difference, not just the Bransons, Gateses and other higher profile people. Every boardroom can make a difference in the social fabric of Canada."

There's another happy ending to the O'Dea story. He did eventually reconcile with his family and credits his father for saving his life—forcing him to face up to denial that had plagued him.

Where The Salvation Army is concerned, O'Dea says, "Always go with your strength. People recognize you and trust you." 

For an exclusive interview with Frank O'Dea, see this month's Faith & Friends magazine



Photo: Jing-Ling Kao-Beserve

Frank O'Dea: "Every boardroom can make a difference in the social fabric of Canada"

The Hope in the City Leadership Breakfast began in Vancouver eight years ago through the efforts of Thomas E. Skidmore, chair of the Vancouver Advisory Board, and Public Relations Secretary Captain John Murray. Since then, similar events have been held in Winnipeg and Toronto, with the assistance of divisional advisory boards. At the Toronto event, Rogers Wireless was the presenting sponsor and Wireless Wave the breakfast sponsor. More than 1,700 attend Hope in the City events annually.

Territory Forges Leadership Development Strategy



Participants in the planning session surround Mjr Mona Moore, leadership development secretary, and Charles Holmes and Carol MacKinnon, facilitators

Recognizing the growing need for Salvation Army leaders, a group of Salvationists from across the territory met December 8 at territorial headquarters to discuss a territorial leadership development strategy. Participants acknowledged that leadership in these days is increasingly complex and demanding. In future, leaders may be in short supply if the Army does not adapt to changing needs.


Facilitators Carol MacKinnon and Charles Holmes inspired participants to think about a concrete plan for leadership development. Helping articulate the strategy were Colonel Donald Copple, chief secretary, Lt-Colonel Jean Moulton, secretary for personnel, Major Mona Moore, (leadership development secretary), Lt-Colonel Floyd Tidd, divisional commander, Ontario Central-East Division, Major Fred Waters, area commander, Prairie and Northern Territories Division, as well as representatives from Booth College, the Ethics Centre, the College for Officer Training and experts in leadership development, human resources, business administration and spiritual direction.

What emerged was a Vision of Leaders in 2015. This vision includes a growing diversity (gender, age, ethnicity, etc.) among leaders at all levels and individualized personal development plans and career paths for officers and lay employees. These plans will reflect individuals' aspirations as well as the organization's leader-

ship needs. The group also anticipates that all new officers will be educated in a style of leadership that uses the concept of coaching as its guiding philosophy.

The team committed to a series of specific projects, including:

- the creation of an education and training council to provide territorial oversight of leadership development and harness best practices
- the recruitment of some non-traditional lay leaders into executive roles
- the ongoing development of all officers and lay leaders as leader coaches
- an assessment of the curriculum at the College for Officer Training, with links to Booth College's programming
- research into the specific values of new recruits and candidates with a focus on Generation Y/Millennials (those in their mid-20s or younger)
- intentional contact with leaders to value their diverse gifts and contributions, and to encourage their continued development
- a pilot project on succession planning in key non-reserved roles (those not established by IHQ)

"The Canada and Bermuda Territory has developed many wonderful leaders," notes Major Mona Moore. "The current challenge is to leverage experiences of the past to meet present and future challenges. The culture of the emerging Army needs to be diverse and flexible enough to attract and retain a broad range of adherents, soldiers, employees, officers and lay leaders at every level." 

Water Works

Salvationist Jaring Timmerman is still breaking swimming records at 100, and shows no sign of slowing down

by Ken Ramstead, Editor, Faith & Friends and Foi & Vie

The athlete in the Winnipeg public pool looks no different than the dozens of other lean and determined swimmers. Lap after lap, he methodically glides through the water until his practice session is through. Jaring Timmerman, though, is unique. He just finished celebrating his 100th birthday last month and, with over 160 swimming medals to his credit, this record holder is still in competition and aiming for gold.

From Rotterdam to Winnipeg

Born in Rotterdam, Holland, to Salvation Army parents (his father was a corps sergeant-major in Rotterdam), Timmerman was four years old when his family settled in Winnipeg on the eve of the First World War. In his youth, he worked as an office boy with the Standard Elevator Company. In order to gain more experience, he asked his boss if he could work with an elevator repair crew for the summer. "Well, that just about killed me," he laughs now. "I was soft, having worked in an office all my life. We'd start at seven o'clock in the morning and we'd finish at nine at night. They were long days."

Timmerman served as a Lancaster bomber navigator during the Second World War, during which he and his crewmates survived a 30-mission tour of duty over the skies of Nazi-occupied Europe. "We actually did 31 trips," says

Timmerman. "I think we were protected by the Lord. He had a purpose for us all." Returning to Winnipeg at the end of the conflict, he went back to work, rising to become general manager and eventually president of the Grain & Guarantee Co. Ltd.

Going for the Gold

After retiring, Timmerman and his wife would spend winters in Arizona. One day in 1989, his wife, Gladys, saw a newspaper item for what was then called the Senior Olympics. "That was before the Olympic Committee told them they couldn't use

"No one was more shocked than me when I won the gold medal"

the word *Olympic* any more," chuckles Timmerman.

At the urging of Gladys, he eventually signed up for the swim meet. The 80-year-old was ambivalent. He knew how to swim but had never competed professionally.

"No one was more shocked than me when I won the gold medal in the 200-metre event," he says.

From there, a passion for swimming took hold and he proceeded to win more races at the nationals held later that year. "Then I went to Denmark for the World Masters Games and won two silvers and a gold medal," he relates.

Having competed in swim meets as far afield as Minneapolis, Montreal and Germany, Timmerman is



Photo: Jeff De Booy/Winnipeg Free Press

unsure whether he will compete at the 2009 World Masters Games in Sydney, Australia, in the fall. He does plan to attend the 2009 Canadian Masters Swimming Championships in Toronto, in May. "I'll be entered in four events," he says, "and I'm training to beat the world record. That's going to be interesting."

Determination and Dedication


Timmerman maintains a grueling exercise regimen that would put people half his age to shame. On Mondays, Wednesdays and Fridays, he works out in the pool for 45 minutes to an hour. Tuesdays, Thursdays, Saturdays and Sundays, he exercises with weights, using a modified

form of the air-force program he learned during the war.

"It's nothing wonderful. Anyone can do it," he modestly asserts. "All you need is determination and dedication."

Timmerman is an active Salvationist and attends Winnipeg East Community Church. "I don't know how active one can be at 100," he smiles, "but I'm there every Sunday."

Timmerman's spiritual life and his relationship with God continue to be important. "I wouldn't say it's closer now that I am older because I've always had a close relationship with him. But it's something I cherish, and I'm a great believer in prayer."

Fitness of body, mind and soul are all tied together, he believes. "You can't have one without the others, and you especially need a good relationship with the Lord. Without that, it's all nothing." 

Gifts of Grace

God uses all kinds of personalities to minister in eternally significant ways

by Major Dennis Brown

Area Commander for Social Services, Greater Toronto Area, Ontario Central-East Division



Ivan spends his days walking alongside men whose lives were swallowed up by addictions. Now, with God's help, they're determined to start over. They stand, they fall, they get up again. Others disappear into the hidden places of the city. Then they come back—once, twice, five times. To these men, Ivan embodies the grace of God who became a man in this fallen world.

It's not her job, but Brenda heads out on the "stroll" once a week to get to know the women who sell their bodies. She and her staff offer shelter—a safe haven where a woman can catch up on her sleep and feel safe enough to think about a way out. Brenda dreams of setting up a place where they could go.

Lisa pounced on the spare tote bags from October's Ontario Central-East divisional congress. Now, when "her" women are released from custody, instead of a garbage-bag "suitcase" for their belongings, they use something that proclaims them to be a "harvest of hope."

Bob and his team spend their days with aging men and women. As friends die and bodies and minds begin to fade, they are not alone. Bob and the other chaplains offer the ministry of presence—the presence of our Lord who said, "Surely I am with you always" (Matthew 28:20).

These are the men and women with whom I have the privilege of working—people whose passion and commitment awes and humbles me. It's a gift from God to have that privilege, and it's one reason I'm glad to be an officer.

There are other gifts, too. Through officership, God pulls me away from selfishness and a life filled with trivial things. He offers me a bigger and better life than

I deserve. He offers me a way to serve others. He offers me an opportunity to devote my life to things that are eternally significant.

*Through officership,
God pulls me away from
selfishness
and a life
filled with trivial
things*



In the process, I'm learning that God uses all kinds of gifts and personalities in officership—even my own!

It turns out that being able to "figure things out" means I can do administration. Liking to talk means I can help others see a vision. The call to meet people's concrete needs has drawn me to social services work.

Then there's the gift of learning that I'm

not so great, and that God truly does love and value everyone for their uniqueness. When I start to connect the dots, I begin to understand that God loves and values people that our society tends to write off. People who can't produce because they are old. People whose lives have fallen apart. People whose minds are haunted or not very clear. People enslaved by addictions or the past. Strangers in a strange land. The things by which we measure others are irrelevant to God's love.

In the end, it's as if God takes all these gifts and wraps them up together to make one big gift: my ministry—the work God has given me to do as an officer. My appointment is at DHQ, where my role is helping those who reach into the lives and hearts of others. I support the Army's social services in the Greater Toronto Area. I get to help Ivan, Brenda, Lisa, Bob and others.

You know, it's like I hear two voices speaking at the same time. In one ear Jesus is saying, "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me" (Matthew 25:35-36).

And in the other ear, it's William Booth growling out, "While women weep, as they do now, I'll fight; while little children go hungry, as they do now, I'll fight; while men go to prison, in and out, in and out, as they do now, I'll fight; while there is a drunkard left, while there is a poor lost girl upon the streets, while there remains one dark soul without the light of God, I'll fight—I'll fight to the very end!"

Then, as I reflect on all that is going on in Salvation Army ministry, I realize that it's William Booth's work. Even better, it's God's work. And I get to help! S

Through a Veil of Tears

In a society where belittlement of women was common,
Jesus took their weeping seriously

by Major (Dr.) Beverley Smith, Medical Practitioner, Toronto Grace Health Centre

*Drop, drop slow tears
In your deep floods
Drown all my faults and fears ...
Nor let his eye
See sin, but through my tears.*

—Phineas Fletcher

In her book *In Every Pew Sits a Broken Heart*, Ruth Graham, daughter of evangelist Billy Graham, writes, “My own story is not tidy. Nor is it simple. My story is messy and complicated and still being written. I have known betrayal, divorce, depression and the consequences of bad judgment. I have struggled to parent my children through crisis pregnancy, drug use and an eating disorder. I have known heartbreak, desperation, fear, shame and a profound sense of inadequacy.”

Ruth Graham’s story is not unique. But she is one of the few Christian leaders courageous enough to share it with others. “Once we take off our masks, once we expose our ruins, we give others permission to do the same,” she admits. “That is when real ministry and healing take place.”

Women are better than men at revealing their inner pain with tears, although it was a man, Gregory of Nyssa, who is attributed with a description of tears as “blood from the wounds of the soul.” Tears evoke many responses. But Jesus’ responses model God’s reaction to our tears.

Even a casual reader of the Gospels can’t help but notice that Jesus had a soft spot for weeping women. In a society where belittlement of women was common, it’s shocking that a man should respond to tears without embarrassed condescension or scorn. That Jesus, the divine Man sent to reveal God’s heart, took women’s tears so seriously should bring hope to all who find themselves caught in the grip of sorrow. There are four stories in the Gospels where Jesus responded specifically and definitively to women who wept out their heart’s desire in a flood of tears.

In the Grip of Sorrow

Luke 7 recounts two astonishing stories of weeping women and Jesus’ tender responses. The first (see Luke 7:11-17) is surprising because there was no demand placed on Jesus. No pleading prefaced this miracle. It was purely volitional on Jesus’ part, as he instinctively reached out to the starkness of a woman’s need. Upon entering the town of Nain, Jesus was met with a funeral procession. On the bier was the only son of a widow, being carried out of the town to be buried. Jesus’ heart went out to the sobbing woman, bereft and lonely in a crowd of mourners.

*Jesus went to great
lengths to provide for
those whom his disciples
easily dismissed or
uncomfortably tried to
silence*

She was too grief-stricken to verbalize her need. She didn’t dare to ask for anything. Her hope had been utterly crushed. Yet Jesus, feeling pity for her, told her not to cry. Then he touched the bier, spoke to the dead man and, when the corpse sat up and began to talk, gave him back to his mother. Weeping was replaced by awe; tears were exchanged for praise.

In the second story (see Luke 7:36-50), a Pharisee hosted Jesus at his residence. He woodenly offered the bare minimum of hospitality to Jesus, while a wayward woman bathed Jesus’ feet with her tears and perfume. The contrast is striking. Jesus castigated the Pharisee, pointing out his many omissions: “You did not give me any water for my feet.... You did not give me a

kiss.... You did not put oil on my head.” But to the woman, who loved much, Jesus offered forgiveness. The story clearly points to the divinity of Jesus, for who could forgive sins but God? It also highlights the faith of the woman, who was ultimately more generous and giving than the host. Jesus gave her this benediction: “Your faith has saved you; go in peace.”

In Mark’s Gospel, the significance of the woman’s act of worship is relayed from Jesus’ perspective: “She poured perfume on my body beforehand to prepare for my burial. Truly I tell you, wherever the gospel is preached throughout the world, what she has done will also be told, in memory of her” (Mark 14:8-9). Commentators have remarked that the scent of the perfume she lavished on Jesus may have lingered during the days leading up to the crucifixion. For Jesus, it would have been a fragrant reminder of her costly sacrifice and the costly sacrifice that lay ahead for him.

Jesus Wept

The final two Gospel stories of weeping women are bookends to the Crucifixion and Resurrection of Jesus. The first portrays Mary and Jesus weeping together (see John 11:33-35). The identity of Mary has troubled commentators, but we are told in John 11:2, that this Mary of Bethany, sister of Martha and Lazarus, was the same one who poured perfume on the Lord and wiped his feet with her hair. This weeping, however, was in a different spirit. It was a bitter Mary who accused Jesus of not being there for her and her brother and consequently being responsible for Lazarus’ death.

Mary’s accusation opens an unparalleled window on Jesus’ emotions. The account says that Jesus was “deeply moved in spirit and troubled” (John 11:33). Whether he was troubled because of the heartbreak of his friends or their lack of faith, or whether he could see beyond Lazarus’ death and resurrection to what he himself would have to endure in a



few days, we don't know. But his verbal response was to ask to see the body of Lazarus. Then, we are told, Jesus wept. Jesus was not so much of a man that he could not cry in response to a woman's tears.

The crowd of Jews following Mary and Martha—the funeral goers—reacted to Jesus' tears by remarking, "See how he loved him!" But John emphasizes that Jesus was once more deeply moved as he came to the tomb.

This was a traumatic moment for Jesus. Given what was to follow, why was this

occasion not more joyous and triumphant? The raising of Lazarus would cause many to put their faith in Christ, but it would also lead to renewed plots to take Jesus' life and curtail his public activity. Jesus, who so clearly discerned people's real motives, could not help but feel torn as he counted the cost of assuaging Mary's tears.

"Why Are You Crying?"

The final glimpse of Jesus responding to a woman's tears is set in the Garden of Gethsemane in the early morning hours (see John 20:1-18). The woman was Mary

Magdalene, out of whom Jesus had cast seven demons. Ever since he saved her, Mary had been one of the women travelling with Jesus and the disciples to minister to their needs. She was clearly upset. Coming to minister to the Lord one last time, she discovered that his body was gone. She was denied the opportunity to treat the body with spices and perfume in a final act of service to her beloved Lord. With loud wailings of grief, she distractedly kept repeating, first to Peter and John, then to the angels, "They have taken my Lord away, and I don't know where they have put him." She wouldn't leave, even after Peter and John had assessed the situation and returned to their homes. She was crying so hard that both the angels and Jesus had to ask, "Woman, why are you crying?" in order to get her attention. Recognition finally broke through after Jesus called her by name and she was entrusted to take the message of his Resurrection back to the disciples.

This catalogue of human need marching through the Gospels—a grieving mother, a sinful woman, a bitter sister, a bereft follower—is one that is repeated throughout history in countless lives. It's easy to respond to tears in a perfunctory way. The proffer of a box of tissues. The bewildered waiting for the storm to abate. But these Gospel accounts show a Jesus who was remarkably attuned to human need, willing to reach out to crying women, and to discern the noble virtues that lay behind the tears. Not only that, he went to great lengths to provide for those whom his disciples easily dismissed or uncomfortably tried to silence. Jesus was showing the personality of God.

The response of the Lord today is not likely to be so different. Through his Holy Spirit and his disciples, Jesus can minister to the world's tears of pain and frustration even now. It is the Church's calling to become a safe haven for those who cry. It is the Christian's calling to hear and respond as Jesus would to the brokenhearted. ☺



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Are You Smarter Than a 5th Grader?

Getting into the Bible is a good place to start

by Major Kathie Chiu

Corps Officer and Executive Director of The Caring Place Ministries, Mountain View Community Church, Maple Ridge, B.C.

Usually I'm pretty good at trivia games. Maybe it's because I like to read. I'm naturally interested in learning about all kinds of stuff—particularly history and geography. I love magazines such as *Time*, *Maclean's* and *National Geographic*. I've learned that some facts are useful and others I'll never need to know again. With all this in mind, imagine my embarrassment when my school-age son beat me in a home version of the hit TV game show *Are You Smarter Than a 5th Grader*? I learned that, technically, I'm no smarter than a third-grader. How depressing.

What is important to know? Aside from the basics we learn in school and the value of a good education, I've learned that a good working knowledge of our political system can help inform our voting choices. And learning about economics and finance can help us invest our money wisely. We can also acquire some basic knowledge of how to take care of our health so that we can prevent illness and look after our families.

But there is one book that is full of essential information—a book that few really understand. You guessed it. It's the Bible. If, like me, you went to Sunday school as a child, you could probably win a Bible trivia game and quote many Scripture verses. Sadly, however, Sunday school has been in decline for many years, to the point where almost an entire generation hasn't had the benefit of good instruction in the Christian faith.

It's not because we don't



Many people own a Bible, but few read it regularly

own Bibles. In the United States, 92 percent of households own at least one copy of the Bible. Many have two or three. But only 59 percent read it even occasionally, let alone regularly. In Canada the number is significantly higher, although studies show the same trend is happening here.

Thank goodness for the Bible Society and other groups that promote Scripture and help spread the Word. But it is not just up to them. As

Christians, we have a great responsibility to educate ourselves and our children about the Bible. Often we leave it to their Sunday school teacher—if our corps or church still has a Sunday school—but the Bible is clear about our own responsibility in this. In Deuteronomy 11:18-19, God says: “Fix these words of mine in your hearts and minds.... Teach them to your children, talking about them when you sit at home and when you walk along the road, when you lie down and

when you get up.”

The Bible is our guidebook, our source for understanding who God is and what our relationship with him should be. It's the one book that we can be sure holds key knowledge to abundant living and eternal life. We need to pass on the valuable lessons it teaches.

There are fun ways to teach your children about the Bible. We have more resources at our fingertips than ever before. When our children ask questions we can look up things immediately on the Internet—so much easier than the days when all we had was a small concordance in the back of our Bibles. These tools not only teach us more about God's Word, they also promote family time. What child, even as a teenager, doesn't want their parents to spend time with them?

As a parent, I know I need to do better. I want my children to understand why it's important to know the Bible and its words of life. I want them to know God and live for him. I only have them in my care for a short time. Surely I can put aside some of my own busyness for this. There's nothing trivial about it, and it's too important to neglect. S

Online Bible Fun for Kids

- digitalpraise.com
- playgamewave.com



Hero Holiday

With some creative planning, you can take a vacation with a purpose

by Clint Houlbrook, Editor, *SendTheFire.ca*

What do you do for spring break? If you're like many people, you head to a sunny destination where the food is delicious, the sun brilliant and the water refreshing, clear and warm. Maybe you prefer camping and canoeing or visiting places such as Walt Disney World. Most people take vacations to rest, recuperate, create memories and find rest for their soul.

Recently, I was talking with some friends who were sharing with me their family vacation plans for the year. They are going to South America to do mission work, taking their six- and eight-year-olds with them. As they shared some of their anticipated experiences and how they are hoping to help local residents, it got me thinking. Essentially, they are creating an opportunity for their children to be heroes in a hurting world. They are going on a hero holiday—something more of us should consider.

What is a Hero Holiday?

The idea is that instead of taking a vacation to pamper ourselves, we can use holiday time to help others by loving and serving them. Army ministry has been enriched through the years as Salvationist families have stepped up to do just that. They have planned and directed summer camps, supervised weekend retreats for young people, volunteered in soup kitchens, helped out at food banks and shelters, participated in short-term missions trips, and so much more. Whether in your own town, a nearby city centre or anywhere else in Canada or around the world, you can get involved in a hero holiday.

Interestingly enough, there

is an organization that offers a hero holiday that is already planned out for you. Absolute Leadership Development (absolute.org) allows people to participate in humanitarian relief projects by offering practical assistance to those living in extreme poverty. The assistance ranges from working with at-risk children to distributing supplies, running mobile medical clinics and more. They encourage families with teens and even children to go on a hero holiday together.

*Instead of taking a
vacation to pamper
ourselves, we can use
holiday time to help
others*



The Rewards

If your family went on an overseas hero holiday, you would each share the experience of seeing first-hand how two-thirds of the world lives. Maybe you would be more grateful for the things you have and feel less driven for bigger and better stuff. Perhaps you would appreciate your health and spend more time enjoying one another rather than being distracted by work. It might even give you more compassion for others and change your purchasing patterns as you look for fair-trade products. Furthermore, as your family shares its holiday pictures and video memories, you will be telling the story of world poverty and inviting others to become participants in the adventure. You will have created memories to last a lifetime.

What are you doing for your holidays next year? Forget about calling the travel agent or surfing alluring vacation websites. Do the young people in your life a favour and go on a hero holiday. Don't just tell them about Jesus—lead them in the way of following him. Start planning now. ☸

Questions for Reflection

- What spiritually shaping experiences am I creating and investing in with the children or young people in my life?
- What justice issues burn in my heart? In the heart of my family?
- What justice issues need to be engaged in my home community, nearby city centre or province?
- What kind of hero holiday can I plan and take this year, or plan for next year's spring break?

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The Audacity of Hope

What's the difference between hope and wishful thinking?



In this Salvationist series, Dr. James Read, Executive Director of The Salvation Army Ethics Centre in Winnipeg, and Captain Amy Reardon, Editor of Young Salvationist, U.S.A. National Headquarters, dialogue about moral and ethical issues.

Dear Amy,

Know the difference between a pessimist and an optimist? A pessimist says, “Things couldn’t be worse,” and an optimist says, “Sure they could!”

Pretty good, eh?

I’ve been listening to a lot of pessimists and optimists since the recent market meltdown, as they’re calling it, and the more I listen, the more confused I get.

There’s been ample moralizing about what’s happened and what to do about it now. How could the government in good conscience bail out the billionaires who got us into the mess? How could the government be so heartless as to throw millions out of work? And on it goes.

Despite the fact that most of these complaints seem sanctimonious, there are legitimate questions about the ethics of the players and of the policies being proposed. But at the moment I’m more interested in the fact that various influential people are telling us not to be *despairing*. Hope is what is needed, they say. Without hope people

hunker down and clutch tightly to the money they have. They become hoarders rather than consumers, and without people getting out and buying stuff, a recession will become a depression.

What troubles me is that I can’t see a difference here between hope and wishful thinking. If that’s all hope really is, it might have some psychological benefits, but I don’t see that it should count as a virtue. If hope is a virtue, surely it’s got to have a more solid foundation.

I’m similarly troubled by the way in which we sometimes figure we’ve got to perk up people who are grieving. A friend’s mom has died, and we find it tempting to say something like, “Don’t be too sad. She’s in a better place now. Why, I bet she’s having a chat with Jesus right now, and I know she’s waiting for you.” What’s that about? We don’t know that kind of detail about the other side of death. Besides, that’s not why we say it. It seems that all we want is for our friend to *feel* hopeful; whether there’s good reason for that hope or not is irrelevant.

That bothers me. A Christianity that boils down to the power of positive thinking angers me. I get more than angry at those “preachers” who go to the positive thinking extreme and turn God into some magical “upper.” Despair is sin, they say. If you really have faith in God, if your hope is really in Christ, you’ll take the anti-depressants your doctor ordered and

flush them down the toilet.

What is it the Apostle Paul said? “If only for this life we have hope in Christ, we are to be pitied more than all others” (1 Corinthians 15:19). How true.

Still, that leaves open the question of what real Christian hope is and what makes it a virtue in Christian ethics, Amy. What do you think?

Jim

Dear Jim,

Ilike your statement: “If hope is a virtue, surely it’s got to have a more solid foundation.”

And it does! Check out this verse: “For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope” (Romans 15:4).

The purpose of Scripture itself is for humanity to have hope! The foundation of hope is the very Word of God. You can’t get more solid than that.

As I understand Scripture, it offers one grand hope for all of humanity. Since the fall of humanity, that hope has been the same. It is the hope of unbroken, perfect fellowship with our Creator. And that hope must rest on a Messiah, since it is not something we can bring about ourselves.

So, in the Old Testament, they awaited

the arrival of the Messiah. Most Jews, of course, did not recognize him once he came. But he came, and he provided means of restoration to God through his death and Resurrection. But that restoration won't be complete until the *second* coming of the Messiah, when humanity and Deity will dwell together in the new Zion. What a day that will be!

I think our understanding of and experience with hope needs to be deeper. Sure, we all hope for economic prosperity, we hope our kids make good choices, and so on. But the hope that lies at the foundation of our lives is the hope that already has a guaranteed outcome. We will live forever in fellowship with God. So, I guess real hope isn't wishing, Jim. Hope is *knowing*.

Arthur McGill wrote, "The Christian can know joy in connection with sorrow, but only because he knows the power of God is overcoming the power of evil." Our deeper hope in the final outcome of things can affect our daily living. We all have times of great sorrow. But a Christian can survive financial troubles, divorce, heartache, illness, loss of a loved one, because the big picture is so secure. As the old spiritual said, "This world is not my home, I'm just a-passin' through."

Amy

Dear Amy,

Funny how things happen. I had no sooner got my first letter to you finished when I received a note from a friend that included a poem written by Commissioner Harry Read shortly after the death of his wife. It seems uncannily (some might say, providentially) a propos.

*The hope that
lies at the
foundation
of our lives
already has
a guaranteed
outcome*



Here's the first part of the poem:

*I must not drift on turgid tides of
sadness,
My sullen sails, bedraggled by despair.
No! I must ride the waves with hope
and gladness
My swollen sails charged with celestial
air.*

Now, a couple of things pertaining to Christian hope stand out for me. The first is that Commissioner Read titles his poem

Realism. It's a great title that affirms what you were saying, that is, Christian hope is founded and grounded in the reality of God, who undergirds all that is real. For a Christian to hope that the death of his wife is not the end of her or the end of their relationship is not wishful thinking, but a way of showing that he knows a reality that is deeper than appearances.

For me, it's also a great title because it implies that when the commissioner wrote the poem he wasn't feeling all that happy. It's an honest poem because it admits the reality that Christians, even very mature Christians, are sometimes beset by feelings of sadness and despair.

Hope has an objective side, which you've emphasized, and it has a subjective side. They don't always line up. I admire those who aren't scared off by the disconnect.

Let me pass this back to you with the suggestion that emotions and ideas aren't the whole of hope. There's an action element, too. I think your new president, Barack Obama, got this right when he called his book *The Audacity of Hope* (a title he got from a sermon, incidentally). When 1 Peter 3:15 says to give a reason for the hope you have in you, the context

Dear Jim,

If we're going to describe hope as action, I would have to say that hope is an act of defiance. I think that goes along with the idea of audacity. It isn't defiant against God, of course. It is defiant against the adverse circumstances that attempt to steal a Christian's joy. Perhaps sometimes it is defiant against the Enemy himself.

That's what I love about the poem you shared with me. There is a stubborn refusal to be crushed. He simply will not have it. He even has an action plan, as seen in the last stanza of the poem:

*What then of me? Do I my faith
surrender?
Become a captive bound by memory's
chains?
Can I not live enriched by memory's
splendour
And prove in life and death that Jesus
reigns?*

He has determined that his life will be fuller because of the memory of his beloved wife, and that he will testify—presumably both to himself and the world—that God is in control whether we live or die.

What strength of character the commissioner demonstrated in his poem! Indeed, hope is not for the weak. Hope takes courage. Hope requires bravery. Hope says, "No matter what you throw at me, I will love, I will look up, I will have joy."

Many Christians have stories to tell of an unsaved person saying to them, "I want whatever it is that you've got." Maybe what they see is hope. They don't see perfect lives, where

everything goes according to plan. They see us as being able to negotiate the curves and twists of life. They see us riding life's rollercoaster without getting sick. Hope in God's ultimate plan, knowledge of the fact that Jesus reigns in life, death and everything in between, is our great advantage.

May our lives be testimonies of hope. May we thereby draw people to the One in whom we hope.

Jim

Amy S

ENROLMENTS AND RECOGNITION

Strengthening the Body

TORONTO—In 2008, a small group of Russian emigrants began meeting at North York Temple for Sunday morning Bible study. There are now approximately 30 people who meet regularly to hold their own worship service. Some attend the English service that follows and several of the children have become involved in the corps singing company. In December, Mjr Lloyd Boone, CO, was pleased to enrol three of them as soldiers and welcome three others as adherents. From left, Bogdan and Veronica Botenko, Leana Potopova (soldiers), Nikolai Potapov, Yeogeniya and Alexey Ostapenko (adherents), Mjr Lloyd Boone. Also pictured is Mjr Geoff Ryan, CO, Corps 614, Toronto, who served for several years in Russia and was present for the occasion



BARRIE, Ont.—Five new soldiers are enrolled by Mjrs Ralph and Sharron Young, COs. From left, Gerald Thornhill, Sammantha Ranglack, Emily Holden, Amy Randell, Matthew Craggs



FREDERICTON—Eight new soldiers at Fredericton CC proudly stand behind their Soldier's Covenants. Back row, from left, Cpt Bradley Reid, CO; Larry MacDonald; Logan Brewer; Kevin Brewer; Ron Whitlock; Douglas Podvin. Front row, from left, Cpt Jennifer Reid, CO; Justin Russell; Sherry Brewer; Tammy Whitlock; Mjr Elizabeth Janes, who taught the preparation classes; CSM Betty Young



NEPEAN, Ont.—Anita Bond and George Bond are welcomed as the newest soldiers at Bells Corners CC by Cpts Wilson and Darlene Sutton, COs



Salvationists Honoured for Exceptional Service

TORONTO—During the Harvest of Hope Congress in October 2008, six Salvationists received Certificates in Recognition of Exceptional Service from Commissioner William W. Francis, TC. **CSM Robert Hardy** of Toronto Harbour Light, right, was honoured for his dedicated ministry



to the homeless and street youth in downtown Toronto. Also recognized were: **BM Brian Burditt** for 40 years of ministry through the Canadian Staff Band and his contribution to developing Salvation Army music throughout the territory; **Robert and Shirley McArthur** for giving more than 20 years of service to the Caribbean Territory through building projects and other mission team support; **Judith Francis McIntosh** for her commitment to Salvation Army ministry as an outreach nurse at Gladstone CC, Ottawa. Though not present for the occasion, **Captain (Dr.) Paul Thistle** was honoured for his 14 years of missionary and humanitarian work in Zimbabwe. His father, Jim Thistle, received the certificate on his son's behalf. This certificate is the highest award granted to Salvationists and supporters of the Army by the Canada and Bermuda Territory

Faithful Service Recognized



CALGARY—Catherine Phipson receives a certificate of appreciation from Mjr Eddie Vincent, CO, in gratitude for her many years of dedicated ministry to young people at Glenmore Temple

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Advancing the Mission

The Salvation Army exists to share the love of Jesus Christ, meet human needs and be a transforming influence in the communities of our world. *Salvationist* needs pictures and stories of how The Salvation Army is living its mission and values in your community. Send to *Salvationist*, 2 Overlea Blvd, Toronto ON M4H 1P4 or e-mail us at salvationist@can.salvationarmy.org.

TRIBUTE

ST. JOHN'S, N.L.—Born in Salmon Cove, N.L., in 1927, **Mrs. Major Lillian Thompson (nee Parsons)** worked at Twillingate Cottage Hospital before responding to God's call to officership. Commissioned in 1949 as a member of the Peacemakers Session, she served for a year as a single officer before marrying her husband, Clarence, in 1950. Together they ministered in various Newfoundland corps including Mundy Pond, Carbonear, Botwood, Grand Bank, Corner Brook West and St. John's Citadel. In 1970, Clarence and Lillian were appointed as divisional leaders in the former Newfoundland Central Division. From 1974 until their retirement in 1990, they were administrators of Glenbrook Lodge for Senior Citizens in St. John's, with the exception of four years at the Eventide Home in Montreal. Lillian is missed by her daughter, Marilyn, and many other family members and friends.



ST. CATHARINES, ONT.—Born in Cardiff, Wales, in 1922, **Marian Ferris (nee Williams)** grew up in the Cardiff Cathays Corps. In 1943, she married Clarke Ferris, a supervisor with the Canadian Auxiliary Services in wartime Europe, and came to Canada as a war bride in 1946. Marian served as home league secretary at Fort Erie, Ont., for 16 years, and in more recent years was active at St. Catharines Corps in the home league and community care ministries. She was also a member of the Evergreen Club and Booth Centre Auxiliary. Marian is remembered for her sweet disposition and her loving care for others. She is survived by daughters Jean (Bill) McKay; Major June (Doug) Speakman; sons Ron (Starr), Dave (Betty), Rick (Theresa) and Bob (Heather); 14 grandchildren and 12 great-grandchildren.



FREDERICTON—Born in Glace Bay, N.S., in 1932, **Fred Ferneyhough** was a man of faith whose humour, compassion and generosity endeared him to many people. A lifetime Salvationist, he was introduced to music at a young age by his father and grandfather, both of whom were corps bandmasters, and as he grew he became a bandsman and songster. Moving to Toronto in 1956, Fred attended West Toronto Corps for many years where he was involved in various fellowship groups. Despite losing his right arm in an industrial accident in 1957, he was an avid sportsman and continued to be involved in hockey and baseball. In 1995, he moved back to Fredericton with his wife to retire. Fred is missed by his wife, Joyce; step-mother Elizabeth Ashe; brothers Ross and Cecil (Sally); sister, Corrine (John) Shea; half-brothers Wayne (Judy) and Bill; half-sisters Doreen (Frank) Lanigan and Elaine (Jack) MacQueen.



ST. THOMAS, ONT.—Born in 1916, **Ruth Payler (nee Reynolds)** grew up in The Salvation Army, participating in activities such as brownies, girl guards, singing company and corps cadets. In 1937, she married her husband, Eber, and together they raised five children. Ruth was always busy at the Army, and over the years was involved in songsters, home league, community care ministries and the 55 plus club. For many years she served as corps cadet counsellor where she influenced many young people for Christ. A faithful soldier for more than 75 years, Ruth continued to support the corps until ill health prevented her from attending. She is missed by daughters Carol and Joy, sons David, Keith and Richard, her grandchildren, great-grandchildren and extended family.





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GAZETTE

INTERNATIONAL Promotions/appointments

Lt-Cols Donald/Deborah Bell, TC/TPWM, New Zealand, Fiji and Tonga Tty, with rank of commissioner; Lt-Cols Graeme/Wynne Reddish, CS/TSWM, New Zealand, Fiji and Tonga Tty, with rank of colonel

TERRITORIAL Births

Lts Nathan/Amanda Swartz, son, Corban Benjamin Cole, Dec 19

Adoption

Cpts James/Debbie Sinclair, children Isaac John, Zachary James and Jasmine Deborah, Dec 8

Appointments

Cpt Theresa Burry, EDS co-ordinator and special assignment, Ottawa, Ont. CE Div; Mjr Joy Kean, consultant for immigration and refugee services, Toronto, THQ corps minis-

tries (additional responsibility); Cpt Heather Matondo, program support services, Toronto, Ont. CE Div; Mjr Mona Moore, leadership development secretary (designation change), THQ personnel

Short-term disability

Mjrs Katie Bungay, Juanita Dueck

Retirements

Mjr Jane Archer, out of Riverdale, Toronto. Last appointment: chaplain, Toronto CJS, Ont. CE Div; Mjr Gail Norton, out of Orillia, Ont. Last appointment: DROS/DCCMS, Ont. N Div; Mjr Carletta Thornhill, out of Fortune, N.L. Last appointment: CFS officer/EDS officer/government liaison officer, Charlottetown, P.E.I., CFS, Maritime Div

Promoted to Glory

Mjr Robert Wilson, from Prince George, B.C., Jan 12; Mjr Marie Hansen, from Vancouver, Jan 21

CALENDAR

Commissioners William and Marilyn Francis

Feb 28-Mar 1 125th anniversary, Guelph, Ont.; Mar 3-5 divisional officers' retreat, Northern New England Div, U.S.A. Eastern Tty; Mar 7-10 divisional review, B.C. Div; Mar 12-18 Florida Div, U.S.A. Southern Tty (with Ont. CE Divisional Youth Band)*; Mar 14-17 divisional review, N.L. E Div**; Mar 22-23 CFOT; Mar 24-Apr 4 IHQ, London, England (including International Doctrine Council Mar 29-Apr 4)**

*Comr Marilyn Francis only; **Comr William Francis only

Colonel Donald Copple

Mar 1-3 divisional review, Maritime Div; Mar 21-24 divisional review, Ont. GL Div; Mar 28-31 divisional review, Quebec Div; Apr 6-7 divisional review, Ont. N Div

Canadian Staff Band

Feb 28-Mar 1 Barrie, Ont.

Overcoming the Dark Side of Leadership:

How to Become an Effective Leader by Confronting Potential Failures

Gary L. McIntosh and Samuel D. Rima

Review by Major Howard Smartt

Director of Pastoral Services, THQ

When leaders fail, the public always has something to say. The intensity of media comment is invariably ramped up when a Christian leader is involved. Names like Jim Bakker, Jimmy Swaggart and Ted Haggard prompt almost immediate comment and opinion. Against this backdrop, Dr. Gary McIntosh and Dr. Samuel Rima have written this insightful book exploring things that commonly trip up leaders and ways of journeying toward healthy spiritual leadership.


In writing about “the dark side,” the authors are referring to the inner state of being that unconsciously drives everyone’s actions, especially those urges, compulsions, motivations and dysfunctions that propel us away from success or undermine our achievements. When leaders refuse to take the inward journey to explore and resolve their dark-side issues, the results will often be some form of leadership failure. Part One of the book unpacks the many complex dynamics and paradoxes of these dark-side themes that are relevant for any current or aspiring leader.

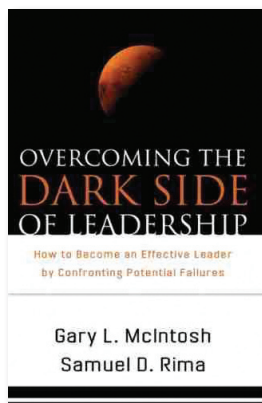
In Part Two, using biblical and contemporary leaders as examples, the authors identify five common dysfunctional, dark-side-dominated leadership styles:

- Compulsive—controlling, workaholic, status-conscious
- Narcissistic—self-absorbed, need for admiration
- Paranoid—suspicious, hostile, over-controlling
- Codependent—avoids conflict, reactive rather than proactive
- Passive-Aggressive—stubborn, procrastinates, has fear of succeeding

To our discomfort, most of us will see something of ourselves within these true-to-life descriptions that originate in our human insecurities.

Part Three of the book provides practical suggestions for leaders who want to address their dark-side potential. Again, the authors augment the theoretical with helpful real-life examples of leaders such as Billy Graham, who have taken appropriate honest and challenging steps to protect their leadership and those they serve. The appendices include several self-help tools for those who want to gain an objective sense of their current reality and then move forward.

This is an exceptional book that speaks clearly to any leader, no matter what their skill, age or experience, who truly wants to lead with the mind and heart of Christ. 

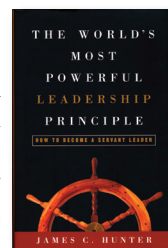


The World's Most Powerful Leadership Principle

How to Become a Servant Leader

by James C. Hunter

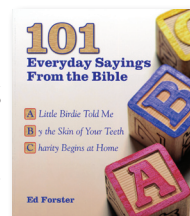
Although servant leadership may imply weakness to some, Jesus clearly demonstrated it is anything but that. This groundbreaking book challenges and equips business, ministry and other organizational leaders by helping them understand what it means to be a servant leader and providing a road map to put this biblical principle to work.



101 Everyday Sayings From the Bible

by Ed Forster

How often do you quote the Bible in everyday conversation? Probably a lot more than you realize. This engaging book offers a sprinkling of humour, a host of biblical applications, striking colour photos and brief summaries of how many popular expressions used in everyday language can trace their roots to Scripture.

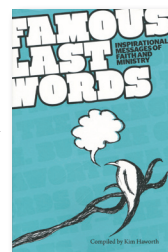


Famous Last Words

Inspirational Messages of Faith and Ministry

Compiled by Kim Haworth

As part of a series of meetings offered by the Australia Southern Territory's training college, 23 officers were given this challenge: “This is your last opportunity to preach before you get promoted to Glory. Give it to us!” Thankfully, the preachers are all still alive, and now through this intriguing project their exhilarating sermons can bring new inspiration beyond the pulpit.

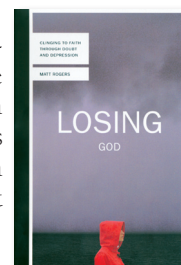


Losing God

Clinging to Faith Through Doubt and Depression

by Matt Rogers

Depression is far more common in church congregations than many realize, and too often the churches unintentionally make the suffering even worse. In this book, Christian pastor Matt Rogers courageously tells the story of his depression with unflinching honesty, theological insight and deep human sensitivity.

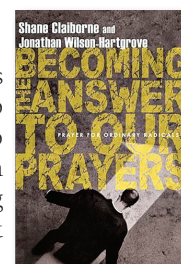


Becoming the Answer to Our Prayers

Prayers for Ordinary Radicals

by Shane Claiborne and Jonathan Wilson-Hartgrove

Through establishing unique new communities in different cities, the authors have helped to change the conversation about what it means to be a Christian in contemporary North American society. Now in this new book they're changing the conversation about how we pray and what we should expect when we pray.



For these and other great products contact The Salvation Army Christian Book and Supply Centres or purchase online at SalvationArmy.ca/store



The many cultures represented at Montreal's Christian Community Centre demonstrate the changing nature of Salvation Army corps ministry in Quebec

March 1-7

Focus on Lent:

Preparation

- 1 Meditate on Malachi 3:1-5
- 2 Meditate on Isaiah 45:22-25
- 3 Meditate on Isaiah 42:1-4
- 4 Meditate on Isaiah 55:6-7
- 5 Meditate on Psalm 51:1-6
- 6 Meditate on Psalm 51:7-13
- 7 Meditate on Psalm 51:14-17

March 8-14

Focus on the Business Administration Services Department

- 8 Pray for a world hurting due to the economic downturn
- 9 Pray for those across the territory who have responsibility for business administration
- 10 Pray that the Lord will provide human resources for business administration roles across the territory
- 11 Pray that our business-related systems and processes will enhance our mission and demonstrate integrity to a generous public
- 12 Pray that the stewardship of our resources will clearly support the ministry of the international Salvation Army in the developing world
- 13 Pray that policy development will reflect and align with our stated values
- 14 Pray that an already generous public will continue to sup-

port our vision and mission and entrust us with even greater resources to address the needs of society

March 15-21

Focus on Our Core Values: Integrity—"We are honest and trustworthy, accountable to God and each other"

- 15 Pray that as an Army and as individuals we will be mindful of how our actions reflect Christ
- 16 Ask the Lord to show you areas of your life that need to conform more closely to his likeness
- 17 Pray that the way each ministry unit implements its policies will demonstrate honesty and hold up to scrutiny
- 18 Pray that Salvationists will strive to be above reproach in their dealings with each other and with those we seek to serve
- 19 Pray that our ministry units will be places of safety for those who feel their trust has been betrayed by people in their past
- 20 Thank the Lord for policies, procedures and people, both within and beyond the organization, that work together to keep the Army accountable
- 21 Thank God for people he has placed in your life who keep you personally accountable as you strive to keep your actions consistent with your Christian faith

March 22-28

Focus on Quebec Division

- 22 Pray for the Army's work among young people and families, and that God will lead in the selection of Spirit-filled youth leaders to staff summer camps
- 23 Pray that the new corps leadership team at Montreal Citadel will clearly sense God's guidance. Pray for the corps officers, soldiers and adherents, and for God's leading regarding a new location for certain ministries
- 24 Pray for the Alpha and Celebrate Recovery programs at Église Communautaire des Laurentides, Saint-Jérôme, as well as the thrift store and community services, that through them people will come to know Christ
- 25 Pray for a positive response to the outreach and evangelism ministries of Église Communautaire de Sherbrooke. Pray for fruitful community connections and God's leading and protection for Corps Hochelaga—Maisonneuve 614
- 26 Pray for the ministry team in Quebec City, that God will

accomplish his will in their lives and through them accomplish his will in the city

- 27 Pray for Église Communautaire Nouvel Espoir, Shawinigan—for the creation of new ministries that will meet community needs, for financial self-sufficiency for the corps and for a new location for the thrift store
- 28 Pray for the establishment of a francophone corps in Montreal through the ministry of the Christian Community Centre project and that the project may help to foster a sense of spiritual renewal in the community

March 29-31

Focus on Lent:

Journey with Jesus to Jerusalem

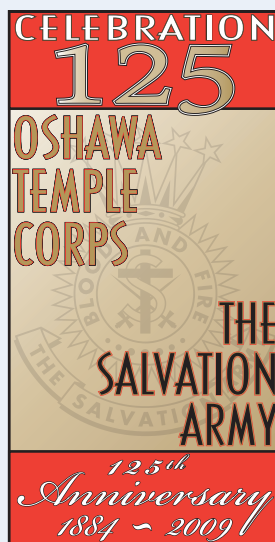
- 29 Meditate on Luke 9:18-24
- 30 Meditate on Luke 9:51-55
- 31 Meditate on Luke 19:1-10

The 2009 Prayer Diary is available online at Salvationist.ca. To receive your copy by e-mail, contact Major Gail Winsor, territorial spiritual life and prayer co-ordinator, at gail_winsor@can.salvationarmy.org

Oshawa Temple 125th Anniversary

April 17-19

Led by Commissioners William W.
and Marilyn D. Francis



Friday 6 p.m.—Celebration Dinner (Tickets \$25)

7 p.m.—Youth Presentation

Saturday 7 p.m.—Celebration Program: Oshawa Temple History

Sunday 11 a.m.—Holiness Meeting and Soldier Enrolment (followed by luncheon and cutting of anniversary cake)

2 p.m.—Musical

Former officers, soldiers and friends are invited to attend or send greetings to 570 Thornton Road North, Oshawa ON L1J 6T6 or e-mail 125@oshawa-temple.org



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